

## **DOMESTIC VIOLENCE**

Domestic Violence is the repeated physical, verbal, or emotional abuse that occurs between adults involved in some type of relationship. Physical abuse means the use of bodily force by one partner against another partner. Victims of domestic violence may also suffer psychological and emotional abuse demonstrated through low self-esteem, passivity, depression, and a sense of helplessness.

### **Facts on Battering:**

- Battering of Women is the most under-reported crime in America.
- 3-4 million American Women are battered each year.
- 95% of all spouse abuse cases are women who are hurt by men.
- Battering occurs among people of all races, income levels, professions, and religious beliefs.
- A battering incident is rarely an isolated event.
- Battering tends to increase and become more violent over time.
- Many batterers learned violent behavior growing up in an abusive family.

### **Battering during pregnancy (and early postpartum):**

- Battering may start or become worse during pregnancy.
- Battering may lead to miscarriage.
- Battering may lead to alcohol or drug abuse.
- 25 – 45% of all women who are battered are battered during pregnancy.
- Battering during pregnancy may be an indication of what life holds in store for the unborn child.
- Pregnant women in battering relationships have an increased risk of low-birth-weight babies.

### **EFFECTS OF BATTERING OVER TIME:**

#### **On Women:**

- Isolation from others
- Low self-esteem
- Increased alcohol or drug abuse
- Emotional problems, illness
- Pain and injuries
- Death

#### **On Children:**

- Emotional Problems, illness
- Increased fears, anger
- Increased risk of abuse and injuries
- They will learn to abuse or to accept abuse from a partner in their lifetime
- Death

Remember that this is a cycle that affects all of society – we need to stop the cycle!

If you or someone you know needs help please go to <https://www.domesticshelters.org/help/az/flagstaff> for resources and help

Here are some other resources:

**Domestic Violence - Abuse Crisis Counseling**

- Another Way (Page) (928)645-5300
- Arizona Child Abuse or Neglect Hotline (CPS) 1-888-SOS-CHILD (1-888-767-2445)
- Arizona Coalition Against Domestic Violence 1-800-782-6400
- Boys Town National Hotline (24 Hours) 1-800-448-3000, TTY:1-800-448-1833
- Flagstaff Catholic Social Services (928)774-9125
- Guidance Center (928)527-1899
- Kateri Services (Flagstaff) (928)779-7141
- Community Behavioral Health Services (928)645-5113 (928)645-8180
- National Domestic Violence Hotline 800-799-SAFE(7233) TTY:1-800-787-7224
- Native Americans for Community Action (928)526-2968 (928)773-1245
- Northern Arizona Regional Behavioral Health Services (928)774-2070
- Northland Family Health Ctr. (928)774-4503
- Parents Anonymous of AZ (Crisis Hotline) 1-800-352-0528
- Verde Valley Sanctuary (24 hours) (928)634-2511
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**Domestic Violence - Shelters/Safe Houses; (24 hours)**

- Another Way (Page) (928)645-5300
- Boys Town National Hotline (24 Hours) 1-800-448-3000 TTY:1-800-448-1833
- Family Harmony Inc. (Tuba City) (928)283-4650
- Northland Family Help Center-Children's Shelter (928)527-1900
- Northland Family Help Center-Women's Shelter (928)527-1900, 1-877-634-2723, (602)774-7353 (crisis)
- Southeastern Arizona Resource Council (520)432-5401
- Sunshine Rescue Mission (928)774-3512